



BLACK TAG BELT - 1st KUP GRADE (FOR BLACK BELT)

PRACTICAL TEST

PATTERNS

- **Choong-Moo** (30 Movements)
- **Hwa-Rang Tul** (29 Movements)
- **Toi-Gye Tul** (37 Movements)
- **Joong-Gun Tul** (32 Movements)
- **Yul-Gok Tul** (38 Movements)
- **Won-Hyo Tul** (28 Movements)
- **Do-san Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

Choong-Moo was the given name of the great admiral Yi Soon Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592 which is said to be the precursor of the present day submarine. The reason this pattern ends in a left handed attack is to sybolize his regrettable death, having no change to show his unrestrained potentiality check by the forced reservations of his loyalty to the king.

BASIC HAND TECHNIQUES

- | | |
|--|--|
| Walking stance knife hand high front strike | - Gunnun so sonkal nopunde ap taerigi |
| L stance forearm low block | - Niunja so palmok najunde makgi |
| Sitting stance forearm middle front block | - Annun so palmok kaunde ap makgi |
| Sitting stance back fist high side strike | - Annun so dung joomuk nopunde yop taerigi |
| L stance X knife hand checking block | - Niunja so kyocha sonkal momchau makgi |
| Walking stance twin palm upward block | - Gunnun so sang sonbadak ollyo makgi |
| Walking stance reverse knife hand high front strike | - Gunnun so dung sonkal nopunde ap taerigi |

SYLLABUS 1st KUP



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BASIC KICKING :

- **Overhead kick** - Twio nomo chagi
- **Consecutive kick** - Yonsok chagi
- **Twisting kick** - Bituro chagi

COMBINATION HANDS :

- Low block-rising block
- High outer forearm block-reverse punch
- Fingertip thrust-release grab-spinning back fist
- Wedging block-front snap kick-double punches
- Twin forearm block-inward knife hand strike-side punch
- Inner forearm block-front snap kick-double punches
- Circular block-front snap kick-reverse punch
- Hooking block-hooking block-reverse punch
- Guarding block-palm pressing block
- Inner forearm block-low knife hand thrust
- X pressing block-twin vertical punch

STEP SPARRING :

- THREE STEP SPARRING
- THREE STEP SEMI FREE SPARRING
- TWO STEP SPARRING
- ONE STEP SPARRING
- FREE SPARRING
- 2 ON 1 SPARRING

SELF-DEFENCE / HO SIN SUL :

- Defence against knife/weapon Attacks (Random)
- Defence against unrehearsed opponent (All Grabs)
- Defence whilst on the ground.
- Demonstrate lock and hold techniques

POWER TEST (1 INCH BOARD)

- Power break (Hand or elbow)
- Power break (Foot)
- Spinning back kick and reverse turning kick
- Jumping kick
- Flying kick



SYLLABUS 1st KUP

BASIC KICKING :

- **Theory test paper to be completed prior to the grading !**
(70 % pass mark)
- **Demonstrate 9 pressure or vital points** (3 each from high, middle, and low sections)
- **The meaning of black belt** – Opposite to white, therefore signifying the maturity and proficiency in Taekwon-Do. Its also indicates the wearer 's imperviousness to darkness and fear.
- **The meaning of Choong-Mu and moves** - See the pattern
- **Know all the blocks and its application**
- **9 pions whist performing patterns:**
 - Pattern should begin and end at exactly the same spot
 - Correct posture and facing must be maintained at all times
 - Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise.
 - The exercise should be performed in a rhythmic movement with an absence of stiffness.
 - Movements should be accelerated or decelerated according to the instructions in the book.
 - Each pattern should be perfected before moving to the next.
 - Students should know the purpose and meaning of each movement.
 - Students should perform each movement with realism.
 - Attack and defence techniques should be equally distributed among right and left hands and feet.
- **Knife hand high front strike** - Sonkal nopunde ap taerigi
- **Flying side piercing kick** - Twimyo yopcha jirugi
- **Forearm low block** - Palmok najunde makgi
- **Reverse knife hand front strike** - Sonkal dung ap taerigi
- **Back piercing kick** - Dwitcha jirugi
- **Forearm front block** - Palmok ap makgi
- **X knife hand checking block** - Kyocha sonkal momcha makgi
- **Twin palm upward block** - Sang sonbadak ollyo makgi
- **Double arc hand block** - Doo bandalson makgi
- **One leg stance** - Wae bal sogi
- **Over head kick** - Twio nomo chagi
- **Stamping kick** - Cha Bapgi



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OTHER REQUIREMENTS :

- A minimum of 6 month active training as a 1 st kup prior to grading.
- Participation in senior training session.
- Completion all theory test & Korean Terminology test.
- Attend pre-grading session.
- Participation within the clubs event and tournament.